CARBOHYDRATES

WHAT ARE CARBS?

Carbohydrates are types of molecules that make up sugars, starches, and fiber. These molecules can be found in many foods! Carbohydrates, along with the two other nutrients fat and protein, provide energy for the body.

WHAT DO CARBS DO FOR YOUR BODY?

- Carbohydrates provide energy for your body!
- Carbs are also the main fuel source that your brain uses.
- Eating carbohydrates from a variety of food sources can help meet your vitamin and mineral needs!

DID YOU KNOW FRUITS, STARCHY VEGETABLES, GRAINS & BREADS, BEANS/LEGUMES, AND MILK ARE ALL MADE UP OF CARBOHYDRATES?

ARE CARBS BAD?

- **NO!** Carbs are an important part of a healthy diet! But remember, not all carbs are created equal.
- Try choosing carbs that are low in added sugars & high in fiber, vitamins, & minerals., like brown rice, oats, whole grain breads, apples, sweet potatoes, & beans.
- Eating more foods like these can help you feel full longer and stay healthy!
References:

- FDA. *Total Carbohydrate*. https://www.canva.com/design/DAC96z3jUyg/Av3N-AswCx0W5VKePheo8w/edit.
- USDA. *Why is it Important to Make Lean or Low-Fat Choices from the Protein Food Group?* https://www.canva.com/design/DAC96z3jUyg/Av3N-AswCx0W5VKePheo8w/edit.